

Child Care Health Consultation Lesson Plan

Contractor Name: Andrew County Health Department

Date Submitted: May 1, 2015

☐ **Children's Health Promotion**

Adult Training on Content Area V: Health and Safety	Health and Safety Standards	Training Levels
Select one standard and one level	<input type="checkbox"/> Promoting Risk Management Practices	<input type="checkbox"/> 1 <input checked="" type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5
	<input type="checkbox"/> Protecting Children and Youth	Source: Core Competencies for Early Childhood and Youth Development Professionals (Kansas and Missouri), 2011
	<input type="checkbox"/> Promoting Physical Health	
	<input type="checkbox"/> Promoting Mental Health	
	<input checked="" type="checkbox"/> Promoting Healthy Eating	

Title: All Fats Aren't Bad

Training Goal: Participants will distinguish between fats in the diet that support health and those that are harmful so that they prepare healthy meals for children in their care

Learning Objective(s): Participants will

- Review categories of fats in foods
- Distinguish between those that support health and those that can cause disease if consumed in excess
- Discuss cholesterol and what it means to health
- Identify food sources of good and bad fats—what to increase and is ok to cook with, what to avoid

Topical Outline of Content	Training Method(s)	Time (in minutes)
Introduction of topic	Discussion	5 min
Fats—Unsaturated, Monounsaturated, and Polyunsaturated	Discussion/Q & A	10 min
Fatty Acids, Saturated Fats, & Trans Fats	Discussion/Q & A	15 min
Cholesterol-HDL & LDL	Discussion/Q & A	10 min
Fats and links to diseases; Fat cells and how fat is stored	Discussion/Q & A	10 min
Resources for health: American Heart Association www.heart.org Centers for Disease Control & Prevention www.cdc.gov National Institute of Health www.nlm.nih.gov USDA www.choosemyplate.gov Academy of Nutrition and Dietetics www.eatright.org	Discussion/Q & A	10 min Total time: 1 hour

Method(s) of Outcome Evaluation: Discussion based Q & A, verbal responses to discussion return demonstration of calculations

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Date Approved:
May 14, 2015

Authorized Approval Signature:



Date Expires:
May, 2018